

NEWINGTON PARKS AND RECREATION

"Creating Community through People, Parks & Programs"



Youth, Adult & Senior Programs * Summer Playgrounds * Special Events * Fitness Classes



Summer Concert Series



Summer Playgrounds



Extravaganza



Aquatic Programs

Registration Begins May 4th* for residents

**Register NOW for Summer Playgrounds - No need to wait!*

Registration Begins May 18th for non-residents



Newington Parks & Recreation Registration Form

131 Cedar St. Newington, CT 06111 Phone: 860-665-8666 Fax: 860-665-8739

www.NewingtonCT.gov

PRIMARY HOUSEHOLD CONTACT INFORMATION

First Name _____ Middle Initial _____ Last Name _____

Street Address _____ Apt./Box # _____ City _____ State _____ Zip _____

[] Check if new address Home Phone (_____) _____ Work Phone (_____) _____

Cell Phone (_____) _____ Email Address _____

Emergency Contact _____ Relationship _____ Phone (_____) _____

If there are any medical concerns, allergies or special needs that we should be aware of, please list here: _____

_____ Supplemental medical forms are available online or in our office.

PROGRAM INFORMATION

One registration form can be used for more than one person in the same household.

First and Last Name	M/F	DOB	Program ID #	Program Name	Fee	Alternate ID#

PLEASE READ CAREFULLY AND SIGN BELOW

Assumption of Liability: Participation in the activity may involve risk or injury. As a parent, guardian, or participant, I am aware of these hazards and my ability to participate. I hereby agree to release, discharge and hold harmless the Town of Newington, its employees, contracted instructors, and volunteers from the liabilities which may occur while participating in the activity. I understand that participation in any recreational or sport activity involves risk. I further understand that the Town of Newington does not provide accident/medical insurance for the program participants. In addition, I give permission for the participant to be treated by qualified medical personnel in the event that the above named parent/guardian/emergency contact cannot be reached at the phone numbers provided. The Parks and Recreation Department reserves the right to photograph program participants for publicity purposes. Please be aware that these photos are for Parks and Recreation use only and may be used in future catalogs, website, brochures, pamphlets, and/or flyers.

ADULT SIGNATURE: _____ DATE: _____

Please note that there is a \$10 minimum for all credit card transactions.

TOTAL FEES: \$ _____

“ROUND UP” For Youth Recreation *Rounding up your program fee helps provide financial assistance for those unable to afford the program fees for youth activities.*



+ _____

Circle Method of Payment: Cash Check Credit Card Debit **TOTAL AMOUNT: \$** _____

CREDIT CARD #: _____ **Security Code** _____ **EXP. DATE** _____ / _____

(Found on back of card)

Circle type of card: VISA MASTERCARD DISCOVER

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people try to register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of organization, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!

Check out page 6 for our Summer Concert Series!



Our Summer Concert Series is made possible by the generous support of Data-Mail, Inc. Please see page 6 for the Summer Concert Series schedule. We're excited to offer a variety of music the whole family will enjoy this year!

Frequently Requested Phone Numbers

Basketball - Travel & Youth	(860) 665-8666
Blackhawks Wrestling	(860) 666-9455
Board of Education	(860) 667-2000
Cheerleading - Youth	(860) 666-1776
Football - Youth	(860) 666-3367
Human Services Department	(860) 665-8590
Indian Hill Country Club	(860) 665-5447
Lacrosse - Youth	(860) 666-1025
Lucy Robbins Welles Library	(860) 665-8700
Newington Arena	(860) 665-7825
Newington High School	(860) 666-5611
Newington Historical Society	(860) 666-7118
Newington Little League	(860) 667-2647
Newington Swim Club	(860) 828-7424
Parks & Grounds Dept	(860) 667-5830
Parks & Recreation Dept	(860) 665-8666
Parks & Recreation Hotline	(860) 665-8686
Senior & Disabled Center	(860) 665-8778
Soccer Club of Newington	(860) 665-7203
Special Olympics Newington	(860) 665-8671

NEW Bus Trips Offered!

We're offering bus trips to many exciting places this summer. Check out page 5 for all of our exciting trips. Register today for these fun trips!

Contents

Registration Form.....	2
Facility Rentals.....	4
Birthday Parties.....	4
Bus Trips.....	5
Community Events	6
Extravaganza.....	7
Aquatic Programs.....	8 - 11
Youth Art & Music.....	12
Summer Music.....	12
Youth Sports.....	13-14
Summer Sunshine.....	15
Playground Pals.....	16
Summer Playgrounds.....	17
Counselor-In-Training.....	17
Tennis Programs.....	18
Golf Programs.....	19
Adult Programs.....	20
Adult Fitness.....	21
Adult Pilates & Yoga.....	22
Older Adults.....	23
Registration Info.....	24

Discount Tickets Available for Six Flags and Lake Compounce

Get your discount Six Flags or Lake Compounce tickets at the Parks and Recreation office! Tickets to Lake Compounce are \$28.00 per person and are valid for any day during the 2012 season. Tickets for Six Flags are \$34.00 per person and are also valid for any day during the 2012 season. Tickets are available on a first come, first served basis until Friday, August 24th or until tickets run out. Purchase early to avoid disappointment. No refunds will be given for lost, stolen or unused tickets.



Program
Information Hotline:
860-665-8686

Facility Rentals and Reservations...

Churchill Park Picnic Reservations

The Newington Parks & Recreation Department has reserved areas at Churchill Park available for rentals. Reservations for summer bookings are still available. Picnic reservations are limited to Newington residents, families, organizations and businesses on a first-come, first-served basis. Please note we are unable to provide refunds once an area is reserved.



UPPER SITE...

\$35/day

Open space that can accommodate 40 people and includes tables and a grill.



MIDDLE PAVILION...

\$75/day

Large covered shelter that can accommodate 150 people and includes electricity, tables and a grill.



LOWER PAVILION...

\$50/day

Covered shelter that accommodates 60 people with electricity, tables and a grill.



Birthday Parties at Mill Pond Pool

Ages 6 months - 15 years (Newington residents only)

Reserve Mill Pond Pool for a birthday party that your child will never forget! Parties are available on Saturdays throughout the summer season. Availability is limited and all parties must be reserved at least two weeks in advance in person at the Parks and Recreation office.

For more information on our birthday party packages or for the reservation form, please contact the Parks and Recreation office at 860-665-8666 or visit our website at www.newingtonct.gov/parksandrec.

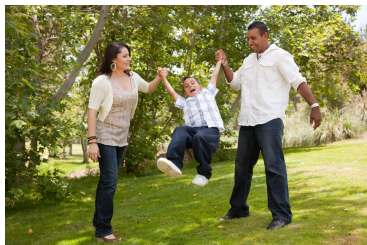
Family Portraits at Mill Pond Park

Saturday, June 2nd (ID: 8480)

Sunday, June 3rd (ID: 8481)

Portrait times available from 9 a.m. - 6 p.m.

Newington Parks and Recreation Department is pleased to offer the opportunity to have your family professionally photographed at Mill Pond Park.



Each photo session includes multiple poses, online proofing and custom photo packages. Special requests are encouraged. Invite siblings, cousins, grandparents, or even bring along your family pet!

The fee to reserve your portrait time is \$29. For more information, please contact Newington Parks and Recreation Department at (860) 665-8666.

Thank You



**For your countless hours
and dedication to our
Youth Basketball Program
2011-2012 Season**



Bus Trip Guidelines

- All seats sold are on a first-come, first-served basis. There are no reserved seats. Those who travel alone must share the seat beside them.
- Absolutely no refunds for trips will be given unless the registrant can find their own replacement, if we have a waiting list, or if the Parks and Recreation Department cancels the trip.
- An adult must accompany anyone under the age of 18.
- Rest stops to/from the destination are at the discretion of the Tour Director.
- We are not responsible for your return trip if you miss the bus!
- We typically use a 50-passenger coach bus. Some trips will be "shared" with other towns or businesses. Seats on these shared buses are limited, so register early!
- Detailed trip itineraries will be mailed to each registered participant a few days before the trip.
- Bus departure location details will be stated in your trip itinerary. All participants will be mailed a detailed trip itinerary a few days before the trip. Please look over the trip itinerary carefully - occasionally the departure times may change slightly from what is listed in this Program Guide.

If you do not receive your trip itinerary at least three days before your trip, please call our office at 860-665-8666.



Boston Duck Tours & Historic Fenway Park *Saturday, June 9th, 2012*

See Boston, one of the oldest cities in America, on board the famous Duck Boats - authentic renovated WWII amphibious landing vehicles. You will cruise along the Freedom Trail, then splash into the Charles River. Then, tour Fenway Park, the home of the Boston Red Sox which opened on April 20, 1912, making this year the 100th Anniversary of its opening!

Fee: \$92 per person

ID: 8409

Bus trip includes:

- Round trip motorcoach transportation
- Boston Duck Tour, leisure time at Prudential Center for lunch, Fenway Park Tour, and leisure time at Quincy market for dinner.
- Bus departs at approximately 8:00 a.m. **(Specific location to be determined)**. Departs Boston at approximately 6:00 p.m.



Newport Flower Show *Sunday, June 24th, 2012*

Enjoy 10-Mile Ocean Drive (one of the most popular "drives" in the country) with a local guide, which today combines the history of a wealthy summer community of the past with fabulous public parks and beaches. Then, you'll visit the Rosecliff Mansion for the 2012 Newport Flower Show. Salsa is the theme of this year's show, and you'll enjoy the heat while taking in the beauty, intensity and fragrance of the exotic plants and colorful designs.

Fee: \$70 per person

ID: 8410

Bus trip includes:

- Round trip motorcoach transportation
- 10-Mile Ocean Drive with a local guide and admission to the 2012 Newport Flower Show.
- Bus departs at approximately 7:30 a.m. **(Specific location to be determined)**. Departs Newport at approximately 5:30 p.m.



Martha's Vineyard *Saturday, July 14th, 2012*

Located just seven miles off Cape Cod, the tiny island of Martha's Vineyard remains one of the most popular and picturesque destinations in New England. After taking a short ferry ride from Woods Hole to Oak Bluffs, you'll enjoy an island tour with a local guide, and leisure time for lunch and shopping.

Fee: \$94 per person

ID: 8411

Bus trip includes:

- Round trip motorcoach transportation
- Round trip steamship authority from Woods Hole to Oak Bluffs, Island Tour with a local guide and leisure time for lunch and shopping.
- Bus departs at approximately 5:00 a.m. **(Specific location to be determined)**. Departs Woods Hole at approximately 5:30 p.m.



Gloucester on Cape Ann, Lobsterbake & Rockport *Saturday, July 28th, 2012*

Visit Gloucester on Cape Ann, the oldest seaport in the nation. Experience a true New England lobsterbake at the famous Gloucester House on Seven Seas Wharf (with your choice of lobster or steak). Visit the famous statue known as "The Man at the Wheel". Enjoy leisure time in Rockport at Bearskin Neck, where you will find quaint little studios, shops and restaurants and the famous old red fish house known as Motif # 1 - said to be the most painted building in the country.

Fee: \$94 per person

ID: 8412

Bus trip includes:

- Round trip motorcoach transportation
- Lobsterbake at the Gloucester House (please specify lobster or steak), visit to Fisherman's Statue and leisure time at Bearskin Neck.
- Bus departs at approximately 8:30 a.m. **(Specific location to be determined)**. Departs Rockport at approximately 5:00 p.m.



Touch-a-Truck

Saturday, June 16th, 10 AM -12 Noon
Library/Town Hall Parking Lots

Held in conjunction with the Lucy Robbins Welles Library Kickoff to Summer Reading, this is a free event for the whole family! This is a hands-on event and kids young and old can touch, honk horns and climb on the vehicles we will have on display. Vehicles on display may include a Back Hoe, Fire Truck, Pay Loader, Dump Truck, Deck Mower, Police Cruiser, Medical Ambulance, Dunkin Donuts truck and more! No registration is required.



Summer Concert Series at Mill Pond Park

Sponsored by Data-Mail, Inc.

Thursdays, June 28, July 5, 12 and 26th, 6:30 - 8:30 PM
Friday, July 20th, 6:30 - 10 PM



Newington Parks and Recreation Department presents the 2012 Summer Concert Series sponsored by Data-Mail, Inc. The concerts are held at the Mill Pond Park Gazebo. Join us for the 21st season and bring a picnic dinner, lawn chair or blanket and enjoy the music outdoors! New this year, we are even offering a Friday night concert on the eve of Newington's Extravaganza! In case of inclement weather, concerts will be held in the Town Hall auditorium. Please call our program hotline at 860-665-8686 if the weather is inclement.

2012 Concert Schedule



Thursday, June 28th, 2012 - **Undercover**

"Oldies, motown and classic pop - songs that touched your heart!"



Thursday, July 5th, 2012 - **Gunsmoke**

"Classic country, rockabilly & western Swing - all in one package!"



Thursday, July 12th, 2012 - **Red Satin**

"Performing the best swing, jazz, big band, contemporary, funk and classic rock from over 7 decades of great music!"



Friday, July 20th, 2012 - **Ticket to Ride**

"The complete Beatles show"



Thursday, July 26th, 2012 - **Kats N Jammers**

"16 piece swing orchestra"



Fun Runs

Wednesdays, July 11, 18, 25, August 1, 8 and 15th, 6:30 PM
Cross Country Trails behind John Wallace Middle School

These runs are a great way for the whole family to keep in shape! We offer two course lengths: a traditional 5k (3.1 miles) and a shorter 3k (about 2 miles) for younger kids and beginners. Both races are free. Please email Race Coordinator Jay Krusell at jaykrusell@yahoo.com for more information. The races are in honor of Mr. Frank O'Rourke who was a longtime NHS Cross Country Coach. Participants under 18 must be accompanied by a parent or guardian to sign the program waiver.



Dog Days of Summer Swim

Tuesday, August 14th, 6 - 7:30 PM at Mill Pond Pool

All ages, breeds and sizes welcome! The humans get to swim all summer, so on this night, your furry friend will get his or her chance, too! Dogs must be under their owner's control at all times and a responsible individual over age 16 must accompany each dog. Bring the whole family out to give Fido a refreshing treat—a dog-only splash party in the pool! Owners are not permitted to be in the water with the dogs. Please only bring your dog if he/she is comfortable around other dogs. Fee is \$5 per dog. Owners must provide proof of dog's rabies vaccination at the door and **dogs must be wearing a current dog license from their town of residency**. All owners must bring a plastic bag and pick up after their dogs! In case of inclement weather, please call 860-665-8686.



Newington Family Pool Party

Monday, July 16th, 6:00-8:00 PM (BYO Picnic Dinner/Dance from 5:00 - 6:00 PM)
Mill Pond Park Pool (Newington residents only)

Join us for a night at Mill Pond Park Pool for a free family pool party sponsored by the Friends of the Library. Join us on the grass outside the pool area from 5:00 - 6:00 p.m. for a BYO (bring your own) picnic dinner including games, music and dancing with a DJ and Librarians. Refreshments provided by the library will be available. The pool will then open at 6:00 p.m. For more information, please call the library at 860-665-8700. This is a free event for all Newington residents!



Family Field Day

Tuesday, July 17th, 6:00 - 8:00 PM
Mill Pond Park



Join your friends and neighbors for this new summer event! Traditional field day games will be offered, with some exciting and different twists! This is sure to be a fun evening for the entire family. More information will be available in mid-June.



Summer Carnival on Extravaganza weekend!

Thursday, July 19, 5 -10 PM; Friday, July 20, 5 -10 PM & Saturday, July 21, 9 AM - 9 PM
Mill Pond Park

Stay local this summer and let the carnival come to you! This annual event gets bigger and better every year, and best of all, it's right here in Newington! Mill Pond Park will be transformed with carnival games, exciting rides for the whole family, food and more! Individual ride tickets may be purchased, or purchase a ride wristband and enjoy unlimited rides that day! Ride on Thursday for \$15 with a ride wristband. Ride on Friday or Saturday for \$20 with a ride wristband. (Please note that wristbands are only valid on they day they are purchased) You won't want to miss these three days of fun! Carnival rides will close promptly at times listed.



Concert in the Park & Adult Beverage Garden

Friday, July 20th, 6:30 PM
Mill Pond Park

This is one night you won't want to miss! Ticket to Ride will perform on the eve of Extravaganza at Mill Pond Park, recreating the Beatles sound and harmonies, in the original key and the Beatles famous guitar and drum arsenal! Sit back with your friends, family and neighbors to celebrate Newington on this evening with entertainment, food and drinks! Admission to the concert is free and open to all ages. Admission into the beverage garden is \$5 and all attendees in the beverage garden must be 21 or older. For more information, please call 860-665-8666. Please call our program hotline at 860-665-8686 if the weather is inclement.



31st Annual Extravaganza!

Saturday, July 21st, activities and events begin at 9:00 AM; Fireworks at 9:30 PM
Mill Pond Park

Join us at Mill Pond Park on Saturday, July 21st to celebrate Newington and all it has to offer at the 31st Annual Extravaganza! Enjoy food, games, rides, arts & craft exhibits and much more! Our Entertainment Stage will feature an exciting line-up of performers. Admission and parking are free, so bring the whole family to this all-day event! The event will conclude with a spectacular evening fireworks display over Mill Pond Park. See all your neighbors and friends at the Extravaganza, an event you will surely enjoy!



Aquatic Facility Information and Hours

Newington Parks and Recreation has two outdoor pools that operate during the summer season, located at Mill Pond Park and Churchill Park. We offer recreational swim times, group swim lessons, semi-private swim lessons, NEW private lessons, water baby classes, pool parties, special needs swim lessons, special events and much more! Newington residents may purchase pool passes which permit entrance to both pools during recreational swim times. Summer pool passes may also be used at the Newington High School Pool for the 2012-2013 indoor season. Newington's aquatic facilities are only open to residents, but residents may bring non-residents as their guests during recreational swim times. Non-residents may only use the pools as a guest of a Newington resident and must pay the daily rate. The outdoor aquatic facilities will close in the case of thunder and/or lightning in the immediate area. Pools will re-open thirty minutes after the lighting and/or thunder ceases. There will be no make-up classes offered for missed and/or cancelled lessons or programs unless otherwise stated. In case of inclement weather, please call the Pool Activity Line at 860-665-8766.

Mill Pond Pool

Opens Monday, June 25th
Closes Monday, August 13th at 5 p.m.

Recreational Swim

Monday - Thursday

2 - 5:45 p.m.
6:45 - 8:15 p.m.*

Friday

10 a.m. - 1 p.m.
2 - 8:15 p.m.

Saturday & Sunday

2 - 6:15 p.m.

Senior & Disabled Swim

Monday - Friday

1 - 2 p.m.

* closing time is subject to change due to weather and sunset times.

Mill Pond Pool will be open for modified hours on Saturday, July 21st for Extravaganza.

Churchill Pool

Opens Monday, June 25th
Closes Monday, August 20th at 4:45 p.m.

Recreational Swim

June 25th - August 12th

Monday - Thursday

12 - 4:45 p.m.

Friday

10 a.m. - 7 p.m.

Saturday & Sunday

12 - 4:45 p.m.

August 13th - 19th

10 a.m. - 6 p.m. Daily

August 20th

10 a.m. - 4:45 p.m.

Pool Passes

Individual Pass

- Purchased on or before May 23rd: \$55
- Purchased after May 23rd: \$60

Household Pass*

- Purchased on or before May 23rd: \$75
- Purchased after May 23rd: \$85

*Please note that the household pass includes up to six people who permanently reside in the same household. Babysitters and visiting relatives are not eligible. For households with more than six people, the additional fee for each person is \$5.

Daily Admission Rates

- Adults (18+): \$5
- Children (under 18): \$3
- Seniors (62+): \$3

* Children 12 years of age and younger must be accompanied by a responsible individual 15 years or older. Proof of residency is required.

Guardstart

Ages 11 - 14



This fun and exciting American Red Cross program is designed to provide youth with a foundation of aquatic skills, leadership and knowledge for future successful completion of the American Red Cross Lifeguard Training Program. Participants should bring a bathing suit and towel to each class. Guardstart is held Monday through Thursday for two weeks.

Location: Mill Pond Pool

Fee: \$65 (8 classes) / not available for non-residents

ID:	Time	Dates
8239	6:00 - 6:30 PM	Monday - Thursdays, June 25 - July 5 (8 classes)
8240	6:00 - 6:30 PM	Monday - Thursdays, July 23 - August 2 (8 classes)

American Red Cross Lifeguarding Course

Ages 15 and up



Newington Parks & Recreation will be offering the new American Red Cross Lifeguarding Course. Students will learn safety and rescue techniques designed to prevent and respond to a variety of aquatic emergencies. Pre-requisites must be demonstrated during the first class, and include a continuous 300 yard swim with proficiency in both front crawl and breast stroke, 2 minutes of treading water using legs only, and a timed 20 yard swim with a surface dive to retrieve a 10 pound object. Students are only permitted to use goggles for the 300 yard swim portion of the class. All students must be 15 years of age by the completion of the course. **Attendance of all course dates is mandatory- no exceptions.** Fee includes instruction, book, pocket mask and certification in American Red Cross Lifeguarding, First Aid, and CPR/AED after successful completion of the course. Students should bring lunch/snack, bathing suit and towel to every class. ***Please register by June 29th.**

Instructor: Michelle Lach

Location: Mortensen Community Center & Mill Pond Pool

Fee: \$225 for residents / \$275 for non-residents

ID:	Time	Dates
8241	10 AM - 2 PM	Tuesdays, and Thursdays, July 3 - July 31 (9 classes)

Participants must attend all class dates listed - absolutely no exceptions.

Special Needs Swim Lessons *Ages 5 & Up*

These swim lessons are offered for children or adults with physical or intellectual disabilities. Swim lessons are limited to one participant per instructor. Lessons are offered Monday through Thursday for one week. Participants may only sign up for three sessions at a time and may sign up for additional sessions if available after completion of first three.

Location: Mill Pond Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

June 25 - 28	July 2 - 5	July 9 - 12	July 23 - 26	July 30 - Aug. 2	August 6 - 9
6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.	6:00 p.m. - 6:30 p.m.
ID: 8242	ID: 8243	ID: 8244	ID: 8245	ID: 8246	ID: 8247



Little Swimmers

Ages 6 months - 5 years

A great program for your little swimmer! Join us at Mill Pond Wading Pool and Churchill Wading Pool on Mondays, Tuesdays, Wednesdays and Thursdays for fun, friends, toys and splashing. Siblings ages 6 months - 5 years old that reside in the same household may attend for free, but must also be registered. Parents must accompany their child(ren) into the wading pool and stay with them during the entire program. Children who are not toilet trained must wear a swim diaper. Participants may attend the program at both wading pools.

Location: Churchill Wading Pool and Mill Pond Park Wading Pool

Times: Churchill Wading Pool: 9:30 - 10:30 AM

Mill Pond Wading Pool: 10 AM - 12 PM

Fee: \$10 per week or \$55 for the whole summer for residents / Not available for non-residents.



Birthday Parties at Mill Pond Pool

Ages 6 months - 15 years (Newington residents only)

Reserve Mill Pond Pool for a birthday party that your child will never forget! Parties are available on Saturdays throughout the summer season. Availability is limited and all parties must be reserved at least two weeks in advance in person at the Parks and Recreation office. For more information on our birthday party packages or for the reservation form, please contact the Parks and Recreation office at 860-665-8666 or visit our website at www.newingtonct.gov/parksandrec.

Adult Swim Lessons *Ages 18 & Up*

Our adult swim lessons provide the opportunity for adults to learn how to swim in an age-appropriate and comfortable environment. Lessons are held as one week sessions, Monday through Thursdays and are taught in groups of no more than 5 participants per instructor.

Location: Churchill Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

ID	Level	Dates	Time
8266	Beg./Adv. Beginners	Monday - Thursday, July 2 - 5	6:30-7 PM
8284	Beg./Adv. Beginners	Monday - Thursday, July 23 - 26	6:30-7 PM



Private Swim Lessons *Ages 5 & Up*

Private lessons are limited to one participant per instructor. Participants receive one-on-one attention on a particular skill, or if you choose, several skills. Lessons are offered Monday through Thursday for one week. Participants may only sign up for three sessions at a time and may sign up for additional sessions if available after completion of first three. During the first class, participants should inform their instructor of what particular skill or skills they choose to focus on.

Location: Churchill Pool

Fee: \$95 (4 classes) for residents / not available for non-residents

June 25 - 28	July 2 - 5	July 9 - 12	July 16 - 19	July 23 - 26	July 30 - Aug 2	August 6 - 9
6:00 - 6:30 PM 6:30 - 7:00 PM	6:00 - 6:30 PM 6:30 - 7:00 PM	6:00 - 6:30 PM 6:30 - 7:00 PM	6:00 - 6:30 PM 6:30 - 7:00 PM	6:00 - 6:30 PM 6:30 - 7:00 PM	6:00 - 6:30 PM 6:30 - 7:00 PM	6:00 - 6:30 PM 6:30 - 7:00 PM
ID 8413 8414	ID 8415 8416	ID 8417 8418	ID 8419 8420	ID 8421 8422	ID 8423 8424	ID 8425 8426

Swim Lesson Registration Guidelines

- **RESIDENCY:** Swim lessons are for residents only.
- **CANCELLATIONS:** Swim lessons will be cancelled when there is lightning and/or thunder in the area. Please call the pool activity line at 860-665-8766 if the weather is inclement. There are no make-up classes, vouchers or refunds issued for missed or cancelled lessons unless otherwise stated.
- **LEVELS:** Please register your child for the appropriate level as listed below. If your child is registered for an inappropriate level, the child may be moved into a more suitable level (depending on availability) at our discretion, or removed from the program.
- **MINIMUM AGES:** While we understand that ages and abilities vary greatly, we must enforce the minimum age requirements for our programs. Please see level descriptions below for more information. Birth certificates are required for any participants under 5 years old.
- **DEADLINES:** Swim lesson registration must be received by the Parks and Recreation office no later than Fridays at 4:30 p.m. for sessions beginning the following Monday. Registrations received after Fridays at 4:30 p.m. will be considered late, and participants will not be permitted to attend lessons until the day AFTER registration is received.
- **REGISTERING FOR MULTIPLE SESSIONS:** If you want to register your child for more than one session, you must register that child for the same level until the child passes that level. For example, if your child is registered for Level 2, you may not sign up for a Level 3 class, until your child is notified by the instructor that he/she has passed Level 2. Failure to abide by this policy will result in the cancellation of your child's enrollment.
- **CHANGING LEVELS:** If you register your child for multiple sessions of the same level and the child passes the level, you may move your child into an available class in the next level, stay in the same level, or receive a refund (please note that a \$5.00 processing fee is deducted from any refunds issued). This must be done in person at the Parks and Recreation office, and you must bring your child's certificate showing they have passed.

Swim Lesson Level Descriptions

Infant & Preschool Programs (Ages 6 months - 5 years old)

Waterbabies (Ages 6 months - 2 years with parent) Parent and child program that will allow your child to adjust to the water using games, songs, basic movements and fun! Parent will accompany the child into the water. Swim diapers are required for children who are not toilet trained.

Preschool A (Ages 3 - 4) Children participate independently in this program that includes water entry and adjustment, blowing bubbles, assisted floating, basic kicking with arm movements and of course, playing games! Children will learn safety skills in and around the water.

Preschool B (Ages 4 - 5) This program is for children who are entering or have completed kindergarten.. Children participate independently in this program that includes water entry, blowing bubbles, bobbing, floating, glides, kicking with arm movements and of course, playing games! Children will learn safety skills in and around the water. Four year olds should be comfortable in the water and/or successfully participated in Preschool A lessons.

Learn-To-Swim Program Levels 1 - 6 (Ages 6 -17)

The Newington Parks and Recreation Department is proud to be an authorized provider of the American Red Cross Learn-To-Swim Program Levels 1-6. This program focuses on improving the effectiveness of swim lessons, emphasizing water safety and drowning prevention and improving participant progress and skill acquisition. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. Please review the swim lesson level descriptions below prior to registering your child.

***Note: These skills are the requirements to pass the level listed.** If your child can complete the skills listed, please register him/her for the next level.

Level 1 - (Must be at least 6 years old)
Enter and exit the water unassisted, open eyes underwater, bobbing, combined arm/leg action on front and back, front/back glides (two body lengths) and supported front/back float (3 seconds).

Level 2 - Jump from the deck into chest deep water, float without assistance, tread water (15 seconds), submerge completely and hold breath for 5 seconds, swim using leg and arm stroke (5 body lengths).

Level 3 - Jump into deep water, begin diving, tread water (30 seconds), front crawl (15 yards), elementary backstroke (15 yards), survival float (30 seconds) and learn rotary breathing.

Level 4 - Standing dives, swim underwater (3-5 body lengths), tread water (2 minutes), front crawl and elementary backstroke (25 yards each), breaststroke, butterfly and back crawl (15 yards each).

Level 5 - Shallow water dives, tuck and pike surface dives, front flip turns, front crawl and elementary backstroke (50 yards each), breaststroke, butterfly and back crawl (25 yards each).

Level 6 - Fitness Swimmer: front crawl and elementary backstroke (100 yards each), breaststroke, butterfly and back crawl (50 yards each), competitive turns.

For a detailed list of swim lesson level descriptions, please visit us on the web at www.newingtonct.gov/parksandrec

Semi-Private Swim Lessons *Ages 6 - 17*

Semi-Private swim lessons (max 2 individuals) are great for more personalized attention from our lifeguard staff. Lessons are offered as one week sessions, Monday through Thursday and are 30 minutes in length. Please see descriptions for Levels 1 - 6 above.

Location: Churchill Pool

Fee: \$65 (4 classes) for residents / not available for non-residents

Session 1: June 25 - 28

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 ID: 8255	Level 4 ID: 8258
Level 2 ID: 8256	Level 5 ID: 8259
Level 3 ID: 8257	Level 6 ID: 8260

Session 2: July 2 - 5

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 ID: 8261	Level 4 ID: 8264
Level 2 ID: 8262	Level 5 ID: 8265
Level 3 ID: 8263	

Session 3: July 9 - 12

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 ID: 8267	Level 4 ID: 8270
Level 2 ID: 8268	Level 5 ID: 8271
Level 3 ID: 8269	Level 6 ID: 8272

Session 4: July 16 - 19

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 ID: 8273	Level 4 ID: 8276
Level 2 ID: 8274	Level 5 ID: 8277
Level 3 ID: 8275	Level 6 ID: 8278

Session 5: July 23 - 26

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 ID: 8279	Level 4 ID: 8282
Level 2 ID: 8280	Level 5 ID: 8283
Level 3 ID: 8281	

Session 6: July 30 - Aug. 2

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 ID: 8285	Level 4 ID: 8288
Level 2 ID: 8286	Level 5 ID: 8289
Level 3 ID: 8287	Level 6 ID: 8290

Session 7: August 6 - 9

6:00 - 6:30 PM	6:30 - 7:00 PM
Level 1 ID: 8291	Level 4 ID: 8294
Level 2 ID: 8292	Level 5 ID: 8295
Level 3 ID: 8293	Level 6 ID: 8296



Group Swim Lesson Program *(Newington residents only)*

Waterbabies: ages 6 months - 2 years with parent, Preschool: ages 3 - 5, Levels 1-6: ages 6 - 17 years

We are proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for Levels 1-6. Proper swim lesson level placement is critical for your child's success in swim lessons, as well as ensuring that the experience is enjoyable and safe. If your child has taken swim lessons with us before, please select the level recommended by their instructor. Please note that participants must be at least 6 years of age to register for Levels 1 and up. Sessions 1, 2 and 3 are two-week sessions. Session 4 is a one week session. If your child is new to our swim lesson program, please review the swim lesson level descriptions on page 10 or online at www.newingtonct.gov prior to registering your child.

Churchill Pool Group Lessons - mornings (Mon. - Thurs.) Session 1, 2 and 3 Fee: \$30, Session 4 Fee: \$15

Session 1: June 25 - July 5			Session 2: July 9 - July 19			Session 3: July 23 - August 2			Session 4: August 6 - 9		
	9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.		9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.		9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.		9:30 a.m. - 10:00 a.m.	10:00 a.m. - 10:30 a.m.
Preschool A	ID: 8297		Preschool A	ID: 8305	ID: 8309	Preschool A	ID: 8313		Preschool A	ID: 8321	
Preschool B		ID: 8301	Preschool B		ID: 8310	Preschool B		ID: 8317	Preschool B	ID: 8322	ID: 8325
Level 1	ID: 8298	ID: 8302	Level 1	ID: 8306		Level 1	ID: 8314	ID: 8318	Level 1		ID: 8326
Level 2	ID: 8299	ID: 8303	Level 2	ID: 8307	ID: 8311	Level 2	ID: 8315	ID: 8319	Level 2	ID: 8323	ID: 8327
Level 3		ID: 8304	Level 3	ID: 8308		Level 3		ID: 8320	Level 3		ID: 8328
Level 4	ID: 8300		Level 4		ID: 8312	Level 4	ID: 8316		Level 4	ID: 8324	

Churchill Pool Group Lessons - evenings (Mon. - Thurs.) Session 1, 2 and 3 Fee: \$30, Session 4 Fee: \$15

Session 1: June 25 - July 5			Session 2: July 9 - July 19			Session 3: July 23 - August 2			Session 4: August 6 - 9		
	5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.		5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.		5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.		5:00 p.m. - 5:30 p.m.	5:30 p.m. - 6:00 p.m.
Water babies		ID: 8334	Water babies	ID: 8339		Water babies	ID: 8349		Water babies		ID: 8364
Preschool A		ID: 8335	Preschool A	ID: 8340		Preschool A	ID: 8350	ID: 8354	Preschool A		ID: 8365
Preschool B	ID: 8329		Preschool B		ID: 8344	Preschool B	ID: 8351		Preschool B	ID: 8359	ID: 8366
Level 1	ID: 8330	ID: 8336	Level 1	ID: 8341	ID: 8345	Level 1		ID: 8355	Level 1	ID: 8360	ID: 8367
Level 2	ID: 8331		Level 2	ID: 8342	ID: 8346	Level 2	ID: 8352	ID: 8356	Level 2	ID: 8361	
Level 3	ID: 8332	ID: 8337	Level 3		ID: 8347	Level 3		ID: 8357	Level 3	ID: 8362	
Level 4		ID: 8338	Level 4	ID: 8343		Level 4	ID: 8353		Level 4	ID: 8363	
Level 5/6	ID: 8333		Level 5/6		ID: 8348	Level 5/6		ID: 8358	Level 5/6		ID: 8368

Mill Pond Pool Group Lessons - mornings (Mon. - Thurs.) Session 1, 2 and 3 Fee: \$30, Session 4 Fee: \$15

Session 1: June 25 - July 5			Session 2: July 9 - July 19			Session 3: July 23 - August 2			Session 4: August 6 - 9		
	11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.		11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.		11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.		11:00 a.m. - 11:30 a.m.	11:30 a.m. - 12:00 p.m.
Water babies		ID: 8374	Water babies	ID: 8379		Water babies		ID: 8394	Water babies	ID: 8399	
Preschool A	ID: 8369		Preschool A		ID: 8384	Preschool A	ID: 8389		Preschool A		ID: 8404
Preschool B		ID: 8375	Preschool B	ID: 8380		Preschool B		ID: 8395	Preschool B	ID: 8400	
Level 1		ID: 8376	Level 1	ID: 8381	ID: 8385	Level 1		ID: 8396	Level 1	ID: 8401	ID: 8405
Level 2	ID: 8370		Level 2		ID: 8386	Level 2	ID: 8390		Level 2		ID: 8406
Level 3	ID: 8371	ID: 8377	Level 3	ID: 8382		Level 3	ID: 8391	ID: 8397	Level 3	ID: 8402	
Level 4	ID: 8372		Level 4		ID: 8387	Level 4	ID: 8392		Level 4		ID: 8407
Level 5		ID: 8378	Level 5	ID: 8383		Level 5		ID: 8398	Level 5	ID: 8403	
Level 6	ID: 8373		Level 6		ID: 8388	Level 6	ID: 8393		Level 6		ID: 8408

Music Together

Ages newborn to 5 years



Music Together® is an innovative, thoroughly researched approach to early childhood music education and is based on the premise that all children are inherently musical. Our goal is to nurture your child's natural enthusiasm for music and movement during the early childhood years when, as with language learning, musical aptitude is at the critical stage of most rapid growth. Music Together is committed to helping families rediscover the pleasure and value of musical activity by providing children with new opportunities to experience and express themselves musically alongside their most important role models: their parents, caregivers and teachers. Min: 8/Max: 12

Location: Mortensen Community Center Romano Room

Fee: \$110 includes CD and all materials. (Fee remains the same for non-residents) Infants under 8 months free with a registered sibling. \$50 for each additional sibling registered for same class.

ID:	Time	Dates
8469	9:30 - 10:15 AM	Wednesdays,
8470	10:30 - 11:15 AM	July 11 - Aug. 15 (6 classes)

Children's Cartooning

For Children Entering
Grades 1-5



This is a wonderful course designed to teach participants new skills and techniques to create their own funny, crazy, heroic characters, creatures and magical beasts! Children will have fun developing original, imaginative characters and comic strips. All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 per session for residents
\$35 per session for non-residents

ID:	Time	Dates
8471	5:30 - 6:30 PM	Tuesdays, June 26 - July 17 (4 classes)
8472	5:30 - 6:30 PM	Tuesdays, July 24 - August 14 (4 classes)
12		

Summer Music

Entering Grades 4 and up



Start a brand new instrument! If you play already, join the band or join the orchestra! From beginners to intermediate to advanced musicians! Beginner lessons include Flute, Clarinet, Trumpet, Saxophone, Percussion, Violin, Viola, Cello and Bass. Program runs weekdays from June 25th through July 26th with a concert on the evening of July 25th. A Summer Music Registration Form can be found in the Parks & Recreation office or online at www.newingtonct.gov. Find the schedule and other important information at <http://patersonmusic.net/SummerMusic.html>

Location: John Wallace Middle School

Program Director: Paul Kemp

Fee: \$90 for residents
\$110 for non-residents

ID	Time	Dates
8473	8:00 AM - 12:00 PM*	Mon - Fri, June 25 - July 26 (no program 7/4)

* Time varies depending on instrument played.

Kids' Art Explorers

Ages 4-12



Participants will explore a variety of materials while creating 2-D and 3-D projects. Themes will include oceans and beaches, monsters and aliens, nature and animals, and transportation. All supplies are provided and children should wear a smock or old clothes.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: Ages 4-5 (4 classes)
\$28 for residents / \$35 for non-residents

Ages 6-12 (3 classes)
\$21 for residents / \$26 for non-residents

ID:	Time	Dates
Ages 4-5		
8474	5:30 - 6:30 PM	Wednesdays, June 27 - July 25 (4 classes, no class 7/4)
Ages 6-12		
8475	5:30 - 6:30 PM	Wednesdays, August 1 - 15 (3 classes)

Play-Well TEKnologies

Ages 5 - 11

Have your child become a Play-Well engineer!



Pre-Engineering with LEGO (ages 5-7)

Build cities, bridges, motorized cars and planes with access to over 100,000 pieces of LEGO, students build what they have only dreamed of with the support of an experienced Play-Well Engineering instructor.

Engineering FUNDamentals with LEGO (ages 8-11)

Students will apply real-world concepts in physics, engineering, and architecture through engineer-designed projects such as arch bridges, motorized gondolas, and the Battletrack. Design and build as never before - with access to over 100,000 pieces of LEGO!

Instructor: Play-Well TEKnologies staff

Location: MCC Arts & Crafts Room

Fee: \$140 for residents / Fee remains the same for non-residents.

ID	Time	Dates
----	------	-------

Pre-Engineering (ages 5-7)

8476	9:00 AM - 12:00 PM	Mon - Fri, August 20 - 24
------	--------------------	------------------------------

Engineering FUNDamentals (ages 8-11)

8477	1:00 PM - 4:00 PM	Mon - Fri, August 20 - 24
------	-------------------	------------------------------

Children's Drawing

For Children Entering Grades 1-5

This is an instructive, fun course designed for the young artist! Drawing concepts of shape, value, texture and shadow will be applied while learning to draw animals, people, sea life, cars and more! All supplies are provided.

Location: MCC Arts & Crafts Room

Instructor: Fran Judycki

Fee: \$28 per session for residents
\$35 per session for non-residents

ID:	Time	Dates
8478	6:45 - 7:45 PM	Tuesdays, June 26 - July 17 (4 classes)
8479	6:45 - 7:45 PM	Tuesdays, July 24 - August 14 (4 classes)

Eric Frank Baseball Camp

Entering grades 3-9

Join Newington High School Head Baseball Coach Eric Frank for two exciting camps geared toward baseball players entering grades 3-9. Participants will enjoy fun skills contests and games while experiencing age-appropriate baseball instruction in mechanics of throwing and catching, player-specific hitting fundamentals, defensive skill development, base running, offensive and defensive situation instruction and more. All participants will receive a t-shirt and pizza on the final day. Participants should bring a bat and glove.

*Location: Mini Leaguers: Volunteer Field
Big Leaguers: Legends Field
(Both fields at Clem Lemire Complex)*

ID	Time	Dates	Fee
Mini Leaguers (Entering grades 3-6)			
8228	9:00 AM - 12:00 PM	Mon - Thurs, June 25 - 28 (6/29 rain date)	\$99
Big Leaguers (Entering grades 7-9)			
8229	9:00 AM - 12:00 PM	Mon - Thurs, July 30 - Aug. 2 (8/3 rain date)	\$99

Chris Corkum Baseball Camp

Ages 7 - 12

Chris Corkum and his experienced staff are excited for their 22nd year in Newington! This very successful camp stresses all aspects of the game of baseball. Included are fun and fitness plus in depth work in fielding, throwing, hitting, pitching, base running and game play. This camp will lecture, demonstrate and direct during the small group instructional sessions. The camp will also stress knowledge of the rules and regulations of baseball. Please bring a bat, glove, hat, sneakers/spikes and a water bottle. For more information, call Chris Corkum at 860-623-1027.

Location: Legends Field, Clem Lemire Complex

ID	Time	Dates	Fee
8227	8:00 AM - 12:00 PM	Mon - Thurs, July 23 - 26 (7/27 rain date)	\$120

Non-residents pay the same rate as residents for all the programs listed on this page!

Girls' Fast Pitch Softball Camp

Entering Grades 4 - 9



Join the Newington Girls Softball Head Coach Steve Markie and staff to learn the skills necessary to becoming a better softball player. All participants will learn the fundamentals of hitting, bunting, fielding and base running through drills and fun games. Each player will receive a free t-shirt at the end of camp. All players should bring their own glove and bat if they own one. This is an opportunity to learn the game of softball in a fun environment.

Location: Newington High School Softball Fields

ID	Time	Dates	Fee
8218	9:00 AM - 12:00 PM	Mon - Thurs, June 25 - 28 (6/29 rain date)	\$89

Basketball Camp

Entering Grades 3 - 8

Scot Wenzel, Newington High School Boys Basketball Coach, presents this fundamental basketball camp. Includes instruction in skill building, shooting, passing, defense, situational application, skills contests, games and much more. Snacks will be provided and awards will be given for each contest. All participants will receive a t-shirt.

*Staff: Scott Wenzel & high school players
Location: TBD*

ID	Time	Dates	Fee
Boys Entering Grades 3 - 5			
8219	8:00 AM - 11:00 AM	Mon - Fri, July 9 - 13	\$100
Boys Entering Grades 6 - 8			
8220	11:30 AM - 2:30 PM	Mon - Fri, July 9 - 13	\$100
Girls Entering Grades 3 - 5			
8221	8:00 AM - 11:00 AM	Mon - Fri, July 16 - 20	\$100
Girls Entering Grades 6 - 8			
8222	11:30 AM - 2:30 PM	Mon - Fri, July 16 - 20	\$100

Interested in one of our sports camps?

Please Register Early!

Our camps sometimes fill to capacity, but we also need to have a minimum number of participants in order for us to run them. If we don't reach that minimum, the camp has to be cancelled. Usually, we have to make that decision a few days before the program begins.

So, if there is a program or camp that your child is interested in...

please, **REGISTER EARLY!**

LAX Stars - Girls' Lacrosse Camp

Entering Grades 5 - 9



Come learn and experience the excitement of girls lacrosse in this fun and challenging camp! Players will learn the fundamentals of lacrosse from NHS Girls Lacrosse Head Coach Selina Quirion and her staff. This camp will cover the very basics to the most advanced skills of girls' lacrosse, from beginner to advanced. All participants will receive a "LAX Stars" t-shirt. Sticks and goggles will be available if needed. Each participant should bring a mouth guard and water bottle.

Location: Newington High School (Field TBD)

ID	Time	Dates	Fee
8223	5:30 - 7:30 PM	Mon - Fri, July 16 - 20	\$75

Tiny-Hawk Soccer, Baseball & Basketball Camp *Ages 3 - 4*

Tiny-Hawk programs help children fine-tune their motor skills with athletics, by teaching the basic skills of each sport. Parents work with our coaching staff to teach these young children. Skyhawks staff is committed to creating a positive introduction to sports. Participants should wear appropriate clothing, sneakers and sunscreen and should bring water. All participants will receive a t-shirt and merit award. Parents must stay on site.

Location: Mill Pond Park (Garfield St. side)
Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
8232	5:00 - 6:30 PM	Mon - Thurs, June 25 - 28	\$70
8233	9:00 - 9:50 AM	Mon - Fri, Aug. 13 - 17	\$65

Mini-Hawk Soccer, Baseball & Basketball Camp *Ages 5 - 7*

This multi-sport program gives children ages 5 to 7 a positive first step into athletics. Baseball, basketball and soccer are taught in a safe, structured environment with lots of encouragement and a big focus on fun. Participants will explore balance, movement, hand/eye coordination, and skill development at their own pace. Participants should wear appropriate clothing, sneakers and sunscreen and should bring water and two snacks. All participants will receive a t-shirt and merit award.

Location: Mill Pond Park (Garfield St. side)
Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
8234	5:00 - 7:00 PM	Mon - Thurs, July 9 - 12	\$75
8235	10:00 AM - 1:00 PM	Mon - Fri, Aug. 13 - 17	\$115

Non-residents pay the same rate as residents for all programs listed on this page!

Flag Football Camp *Ages 7 - 12*

Skyhawks flag football is the perfect program for your young athletes who want a complete introduction to football or for those who simply want to brush up on their skills in preparation for league play. Participants will learn skills on both sides of the ball including the core components of passing, catching, and de-flagging or defensive positioning – all presented in a fun & positive environment. Recommended for beginner to intermediate athletes. The week ends with the Skyhawks Sports Bowl, giving participants a chance to showcase their skills on the gridiron! Participants should wear appropriate clothing, sneakers and sunscreen and should bring water. All participants will receive a t-shirt and merit award.

Location: Mill Pond Park (Garfield St. side)
Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
8236	6:00 - 8:00 PM	Mon - Thurs, July 23 - 26	\$75

Multi-Sport Camp (Capture the Flag, Ultimate Frisbee & Kickball) *Ages 7 - 12*

Our multi-sport camp is designed to introduce young athletes to a variety of different sports in one setting. For this program we combine these 3 sports into one fun-filled week. Athletes will learn the rules & essentials of each sport through skill-based games and scrimmages. By the end of the week your child will walk away with knowledge of 3 new sports along with vital life lessons such as respect, teamwork, and self-discipline. Participants should wear appropriate clothing, sneakers and sunscreen and should bring water and two snacks. All participants will receive a t-shirt and merit award.

Location: Mill Pond Park (Garfield St. side)
Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
8238	9:00 AM - 12:00 PM	Mon - Fri, Aug. 13 - 17	\$115

Volleyball Camp *Ages 10-14*

Skyhawks Volleyball teaches all aspects of the game through drills and exercises that focus on passing, setting, hitting and serving. This co-ed program is designed for the beginning and intermediate player. Staff will assist each athlete in developing fundamental skills through game-speed drills and daily scrimmages aimed at developing the whole player. Participants should wear appropriate clothing and sneakers and should bring water. All participants will receive a t-shirt and merit award.

Location: Mortensen Community Center Gym
Staff: Skyhawks Sports Staff

ID	Time	Dates	Fee
8237	6:00 - 8:00 PM	Mon - Thurs, July 23 - 26	\$75

UK International Soccer Camp *Ages 3 - 14*

UK International Soccer Camps are one of the largest providers of soccer instruction in the U.S. The program's goal is to provide "The Best Possible Soccer Experience" for all players. Camp programs use age appropriate curriculums for youths ages 3 to 14. Please bring a soccer ball, shinguards, appropriate clothing, water and sunscreen. All players receive a free camp t-shirt & evaluation.

Ages 3-4 will focus on a fun introduction to the great sport of soccer.

Ages 5-6 will focus on fun, exciting games to build confidence and teach fundamentals. Within this curriculum, players will cover ball familiarization, small group dynamics, coordination skills and social interaction, all with maximum participation in a fun-oriented environment.

Ages 6-14 will focus on technical development & skills building in a stimulating environment. Players will be challenged to consider basic tactical components at an age appropriate level, including attacking and defending principles.

Location: John Wallace Middle School
Program Dates: Monday - Friday, July 16 - 20

ID	Ages	Time	Fee
8224	3-4	5:00 - 6:00 PM	\$70
8225	5-6	6:00 - 7:30 PM	\$85
8226	6-14	5:00 - 8:00 PM	\$115

Summer Sunshine

Ages 3 & 4 (Newington residents only)
June 25th - August 2nd, 9:00 AM - 2:00 PM



Your child will have a blast this summer while socializing, playing games, listening to stories, creating crafts, swimming, enjoying music and movement and outdoor play! Each week is a different theme with all sorts of activities including arts & crafts, games, free play and much more. All participants must be toilet trained. Each child should bring a healthy lunch (lunches may not contain any snacks with peanut butter or nuts of any kind) with two juice boxes or water bottles and wear a bathing suit and bring a towel. Towels and backpacks should be labeled with your child's name. Parents must apply sunscreen before dropping off child each morning; children will attend supervised swim every day at the Mill Pond Pool wading area. A swim activity/water safety awareness program will also be offered. Children ride on a school bus with all staff at 1:00 PM and head to Mill Pond Pool for swimming. Pick up will be at 2:00 PM at the wading pool.

The program will be held at our preschool classroom located at 1075 Main Street in the lower level. It's a beautiful space dedicated solely to preschoolers and also includes a fenced in outdoor play space!
Staff: Marilyn Janelle, Loralyn Callahan and Staff

Please note that we are a nut-free program and facility. Peanut butter and nuts of any kind are not permitted in the facility.

Extended Care Program! Summer Sunshine will be staffed beginning at 8:00 AM for those parents who need to drop off their child earlier than 9:00 AM. Additional fees apply.

Summer Sunshine Registration Forms are available at www.newingtonct.gov/parksandrec or at the Parks and Recreation office.

EACH WEEK IS A DIFFERENT THEME!

Week 1	Welcome To Summer Camp!
Week 2:	Holiday Celebrations
Week 3:	Awesome Oceans
Week 4:	Beach Bums
Week 5:	Nature Nuts
Week 6:	School Skills

DAILY ACTIVITIES

Mondays:	Painting and Drawing Activities
Tuesdays:	Messy Art Projects and Creations
Wednesdays:	Beads and Wearable Projects
Thursdays:	Play Dough and Multi Media Art Activities

Creative Playtime Preschool Program

Register Now for the 2012-2013 School Year!

Creative Playtime Preschool Program is open to children ages 3-5. Morning, Afternoon or Full-Day Programs are available. Our preschool program is fully licensed through the State of Connecticut.

Give your child a wonderful and enriching introduction to the classroom environment.

For more information about the Creative Playtime Preschool Program, please inquire at the Parks and Recreation office or call

860-665-8666

Registration Information

Week	ID	Dates
Week 1	8191	Monday and Wednesday, June 25, 27
	8193	Tuesday and Thursday, June 26, 28
Week 2*	8195	Monday, Tuesday and Thursday, July 2, 3, 5
Week 3	8197	Monday and Wednesday, July 9, 11
	8199	Tuesday and Thursday, July 10, 12
Week 4	8201	Monday and Wednesday, July 16, 18
	8203	Tuesday and Thursday, July 17, 19
Week 5	8205	Monday and Wednesday, July 23, 25
	8207	Tuesday and Thursday, July 24, 26
Week 6	8209	Monday and Wednesday, July 30, August 1
	8211	Tuesday and Thursday, July 31, August 2

** Please note that Week 2 is a three-day program (no program 7/4).*

Payment Information

Two Days per week: **\$60 each week**
 Four Days per week: **\$100 each week**
Week 2 (three days): \$80

Save \$80!

Four Days per week (three days during Week 2) for all 6 weeks: \$500*

* To be eligible for the discounted rate, you must register and pay for all 6 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 6 weeks purchased individually is \$580.

Extended Care Information

Extended care is available for this program from 8 - 9 a.m.

Two Days per week: **\$12 each week**
 Four Days per week: **\$22 each week**
Week 2 (three days): \$17

Save \$12!

Four Days per week (three days during Week 2) for all 6 weeks: \$115*

* To be eligible for the discounted rate, you must register and pay for all 6 weeks of extended care at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 6 weeks of extended care purchased individually is \$127.

Playground Pals

Open to children who reside in Newington and are registered for fall Kindergarten or completed Kindergarten this school year

Our staff has an action-packed summer planned for your child! Activities include theme weeks such as Animal Week, Wacky Week and Go Green Week. There are also many exciting field trips and events planned! Registrants may sign up for all sessions. The ratio is approximately 1 staff member to 10 children. Playground Pals is held at the Mortensen Community Center Teen Center. Children should arrive to camp each day with a bagged lunch and snack with beverages. Children will participate in swim instruction and are asked to wear a bathing suit and bring a towel every day.

Our staff work to provide a positive experience for all participants and are individuals who are selected on the basis of their skills and talents, as well as their enthusiasm.

ELIGIBILITY: Open to children who reside in Newington and are registered for fall Kindergarten or completed Kindergarten this year. Those who have completed 1st grade are not eligible for this program. Registration is limited and accepted on a first-come, first-served basis.

TIME: Staffed daily from 9:00 AM - 2:00 PM. Extended care is available for this program from 8:00 - 9:00 AM and/or 2:00 - 4:00 PM for an additional fee.

DATES: The program runs Monday through Friday, June 25 - August 10. There is no program on Wednesday, July 4.

SWIM: Swim Instruction will be available to all participants and offered at no additional charge.

Monday - Friday, June 25th - August 10th

(no program July 4th)

9:00 AM - 2:00 PM

Extended Care Hours Available

SPACE IS LIMITED - REGISTER EARLY!

	By June 6	After June 6
ALL 7 WEEKS*:	\$485	\$515
ANY 4 WEEKS*:	\$295	\$315
ANY 1 WEEK:	\$85	\$95
WEEK 2:	\$70	\$80

(No Program July 4th)



Register for Playground Pals weekly at the rates listed above.

**To be eligible for the discounted rate, you must register and pay for all 4 or 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 6 is \$580. Total cost for 7 weeks purchased individually after June 6 is \$650.*

Extended Care Information

The Playground Pals Extended Care program will be staffed from 8:00 - 9:00 a.m. and/or 2:00 - 4:00 p.m. for those parents who need more time. Fees are:

Morning Extended Care

All 7 Weeks*: \$120

Any 1 week: \$20

Week 2: \$16

(No Program July 4th)

Afternoon Extended Care

All 7 weeks*: \$255

Any 1 week: \$40

Week 2: \$32

(No Program July 4th)

Register for Extended Care weekly at the rates listed above.

**To be eligible for the discounted rate, you must register and pay for all 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply.*

A separate registration form must be filled out for Playground Pals. Forms are available at the Parks and Recreation office or on our website:

www.newingtonct.gov/parksandrec

Summer Camps: Summer Playgrounds and C.I.T. Program...

Summer Playgrounds

Open to children who are Newington residents or attend Newington public schools and have completed grades 1 - 7. Students attending other (non-public) Newington schools and have completed grades 1 - 7 may enroll in this program for an additional \$20 fee per week.



The Summer Playground Program is back for another wonderful summer of fun in the sun! Our staff is busy preparing many fun and exciting activities, games, special events and field trips, not to mention lots of swimming, sports, arts and crafts, talent shows and much more!

Monday - Friday, June 25th - August 10th

(no program July 4th)

8:00 AM - 4:30 PM

We are now accepting registration for Summer Playgrounds!

Register Today!!

	By June 6	After June 6
ALL 7 WEEKS*:	\$570	\$600
ANY 4 WEEKS*:	\$440	\$460
ANY 1 WEEK:	\$125	\$135
WEEK 2:	\$100	\$110

(No Program July 4th)

Register for Summer Playgrounds at the rates listed above.

**To be eligible for the discounted rates for multiple weeks, you must register and pay for all 4 or 7 weeks at the same time. If weeks are not purchased at the same time, individual weekly rates apply. Total cost for 7 weeks purchased individually by June 6 is \$850. Total cost for 7 weeks purchased individually after June 6 is \$920.*

A separate registration form must be filled out for Summer Playgrounds. Forms are available at the Parks and Recreation office or on our website:
www.newingtonct.gov/parksandrec

Counselor In Training (CIT)

For Newington youths ages 14 & 15

The new and improved Counselor In Training (CIT) Program provides instruction and skill development related to working with children in a summer playground setting. Interested participants must apply and be selected for this new 3-week program. Applications will be reviewed, and qualified applicants will be interviewed. Selected participants will be notified of acceptance into the CIT program by June 1st. The number of selected participants will depend on the needs of the program. Selected CITs will be involved with the Summer Playground Program through some aspects of training and 3 weeks of the program. Selected participants will be expected to make a full commitment to the CIT Program. Each participant will be placed at one of the playground sites based on the needs of the program.

To apply for the Counselor In Training Program, participants must complete and submit the following to the Parks and Recreation office by Monday, May 21st:

- Town of Newington Employment Application
- Three (3) CIT Recommendation Forms

The Employment Application and CIT Recommendation Forms are available at the Parks and Recreation office or on our website at www.newingtonct.gov/parksandrec

Program Information

ID:	8468
Time:	8:00 AM - 4:00 PM (Individual schedules may vary depending on playground site placement)
Fee:	\$75 per participant
Program Dates:	Monday - Friday, July 9 - 27*
	*Selected participants will also be required to attend:
	<ul style="list-style-type: none">• Mandatory orientation session with a parent/guardian on Wednesday, June 13th from 6 - 7 p.m.• Training sessions in June, dates and times to be determined (CITs will be notified in advance of these dates if they are selected for the program).

This program is a great opportunity for those who enjoy working with children!



Youth and Adult Tennis Programs...

Open Tennis Courts

Richard Lienhard Tennis Courts
at Mill Pond Park

Open June 1 through September 3, 2012

Phone: 860-667-5820

Program Coordinators: Bob Dean, Nancy Frost,
Sarah & Matt Dean

COURT FEES

\$12 per hour for NTA Members & Residents;

\$16 per hour for Non-Residents

SEASON PLAY PASSES

\$130/player and \$190/family (NTA members only)

JUNIORS (18 & under):

\$10.00 per player

* Checks made payable to:
Newington Tennis Association

OPEN COURT HOURS

Monday through Friday

8:00 AM – 12:00 Noon

5:00 PM - 8:00 PM

Saturdays & Sundays

8:30 AM - 12:00 Noon

NTA PROGRAMS

Balls included for all programs. Fee: \$7.00 for all
programs except Men's Singles (Fee: \$9.00)

Program	Days	Time
Women's Doubles	Tuesdays	9:00 - 11:00 AM
	Wednesdays	5:30 - 8:00 PM
Men's Doubles	Wednesdays	5:30 - 8:00 PM
	Saturdays	9:00 - 11:00 AM
Senior Doubles	Mon, Wed, Fri	9:00 - 11:00 AM
Greater Hartford League		
Men:	Mondays	5:30 - 8:00 PM
Women:	Tuesdays	9:30 - 11:30 AM
Mixed Doubles	Fridays	5:30 - 7:30 PM
Men's Singles	Saturdays	9:00 - 11:00 AM
	Tuesdays	5:30 - 8:00 PM

Youth Tennis Program

All Star Junior Development Ages 4 & up

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructor Bob Dean

Rain dates will be held indoors at the Newington Tennis
Center for an extra fee. For questions about the program,
please call Bob Dean after May 15th at 860-667-5820.

SESSION SCHEDULE, Mondays - Thursdays

#1 June 4 - 7	#6 July 9 - 12
#2 June 11 - 14	#7 July 16 - 19
#3 June 18 - 21	#8 July 23 - 26
#4 June 25 - 28	#9 July 30 - Aug. 2
#5 July 2,3,5 & 6	#10 Aug. 6- 9

*Week #5 meets Monday, Tuesday, Thursday, Friday

MUNCHKIN TENNIS, Ages 4 - 7

Designed for the little players. Have fun and play games
while learning the basic skills of tennis.

Level	Time	Fee
Beginner	9:00 -	\$45 resident
	10:00 AM	\$53 non-resident

RISING STARS, Ages 7 - 12

Introduce & continue the development of basic skills.
Emphasis on ground strokes, serves, volleys, rules of
play and court etiquette.

Level	Time	Fee
Beginner -	10:00 -	\$45 resident
Intermediate	11:00 AM	\$53 non-resident

CHAMPIONSHIP TENNIS, Ages 10 - 14

Designed for advanced beginners and intermediate jun-
iors working on more complete tennis skills, specialty
shots and match play.

Level	Time	Fee
Intermediate	11:00 AM -	\$45 resident
	12:00 noon	\$53 non-resident

TOURNAMENT TENNIS, Ages 12 & up

High school team and youth tournament players. High
level of competition designed for the more serious player.
Subject to screening by the tennis staff. **This class is
only held on Wednesdays.**

Level	Time	Fee
Advanced	1:00 -	\$17 resident
	2:30 PM	\$20 non-resident

JUNIOR TENNIS TEAM

High level competition, match play (season includes
8-10 matches) 1 practice per week (Mondays, 1:00-
2:30 p.m.), 2 matches per week (Tuesdays and
Thursdays, 1:00-3:00 p.m.)

Dates	Fee
June 28 - July 29	\$95 resident \$100 non-resident

Adult Tennis Program

Location: Mill Pond Park Tennis Courts

Staff: P.T.R. Certified Instructor Bob Dean

Questions about the program? Please call Bob Dean after
May 15th at 860-667-5820 or 860-667-4984.

LESSON RATES

Private:	1 hour: \$39 1/2 hour: \$29
Semi Private:	\$26/hour per student (2 or more students)
Group Lesson:	\$13/hour per student

ADULT BEGINNER LESSONS

All the basics and more!

Mondays:	6:30 - 7:30 PM
Wednesdays:	6:30 - 7:30 PM
Fee:	4-week session: \$52

ADVANCED DRILLS

Sharpen your skills, tactical & technical tips

Mondays:	5:30 - 6:30 PM
Wednesdays:	5:30 - 6:30 PM
Fee:	4-week session: \$52

Adult Registration Form

Please use this form when registering
for adult tennis lessons

Name: _____

Home Phone: _____

Work Phone: _____

Address: _____

City: _____ Zip: _____

Sessions are four weeks—you may enter at
any time!

Enter date you wish to begin:

Circle Appropriate Session:

Monday:	Beginner	Advanced
Wednesday:	Beginner	Advanced

Youth Registration Form *Please use this form when registering for youth tennis!*

Class: _____ Session(s): _____

Student Name: _____ Age: _____

Address: _____ City: _____

Phone: _____ Emergency Contact: _____

Golf Programs at Indian Hill Country Club



Golf Instructors:
Wayne Smyth - PGA Professional
Adam D'Amario - PGA Professional

111 Golf Street
 Newington, CT 06111
 Phone: 860-666-5447
 Fax: 860-666-2805
 E-Mail: thegolfshop@ihccgolf.com
 Website: www.ihccgolf.com

Participants should bring their own clubs to each program, but clubs will be provided if necessary.

Adult Golf Clinic (Co-Ed)

A great way to learn the game of golf! Topics covered include Beginning Fundamentals, Full Swing, Putting, Chipping & Pitching and Bunker Play, and there will be on-course instruction during the last half hour of each class.

ID:	Time	Dates	Fee
8434	6:00 - 7:30 PM	Wednesdays, June 27 - August 8 (6 classes, no class 7/4)	\$110

Make-ups will be held August 15 if needed.

Ladies Golf Clinic

Ladies Only! Participate in golf lessons specifically designed with women in mind. A great way to learn the game of golf! Topics covered include Beginning Fundamentals, Full Swing, Putting, Chipping & Pitching and Bunker Play. On-course instruction will be taught the last half hour of each class.

ID:	Time	Dates	Fee
8435	6:00 - 7:30 PM	Wednesdays, May 9 - June 13 (6 classes)	\$110

Make-ups will be held June 20 if needed.

Non-residents pay the same rate as residents for all the programs listed on this page!

Complimentary Junior Golf Clinics Ages 10 - 17

ID:	Time	Date
8427	1 - 3 PM	Tuesday, June 26
8428	1 - 3 PM	Tuesday, July 17
8429	1 - 3 PM	Tuesday, Aug. 21

Junior Golf School Ages 10 - 17 Co-Ed Program

ID:	Time	Dates	Fee
8430	1:00 - 4:00 PM	Tues - Thurs July 10 - 12	\$149
8431	1:00 - 4:00 PM	Tues - Thurs July 24 - 26	\$149
8432	1:00 - 4:00 PM	Tues - Thurs August 7 - 9	\$149

High School Player's Club Co-Ed Program

ID:	Time	Dates	Fee
8433	1:00 PM	Wednesdays, June 27 - Aug. 22 (no program 7/4) (Play at 2:00 PM)	\$100

Attention Newington Residents!

Did you know that as a resident of Newington, you have the opportunity to play Indian Hill Country Club for a fraction of the price? In fact, seniors over 62 play FREE on most Mondays!

Purchase a resident card today to experience the private club atmosphere for just \$60.00 a year (Resident Pass). Limited available tee times and resident pass required for play. Greens fees required for non-senior residents and seniors playing on a non-Monday.

Newington residents also receive discounts on memberships at Indian Hill: Please call 860-666-5447 or go online at www.ihccgolf.com for more information.



The First Tee of Connecticut Instructional Golf Program Ages 7 - 12

This program introduces participants to The First Tee's Nine Core Values, Nine Healthy Habits and Code of Conduct and focuses on learning the game of golf and it's rules and etiquette. Students will participate in on-course activities with four main focuses, PLAY, LEARN, APPRECIATE and YOUR GAME. Coaches will engage participants while introducing them to the game of golf, including etiquette, rules and The First Tee Code of Conduct. Participants immediately gravitate to the activities, and as a result, the rate at which they comprehend the material is exceptional. Clubs are available for use or participants may bring their own. Spaces are limited.



Instructors: The First Tee Instructors

Location: Tuesday Program held at TPC River Highlands in Cromwell
 Thursday & Saturday Program held at Goodwin Park in Hartford

ID:	Time	Dates	Location	Fee
8482	5:30 - 6:50 PM	Tuesdays, July 10 - Aug. 21 (7 classes)	TPC	\$35
8483	4:00 - 5:20 PM	Thursdays, July 12 - Aug. 23 (7 classes)	Goodwin Park	\$21
8484	12:30 - 1:50 PM	Saturdays, July 7 - August 18 (7 classes)	Goodwin Park	\$21

For more information, please visit:
www.thefirstteect.org

Adult Programs...

Line Dancing

Line dancing isn't just country/ western anymore! It could be anything from a waltz to a cha-cha. You will learn some of the most popular dances.

Come alone or with a partner to this fun class. It's also great exercise and just a few classes will free the dancer in you.

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Fee: \$58 for residents / \$72 for non-residents



ID:	Time	Dates
8436	5:30 - 6:30 PM	Mondays, July 2 - August 27 (9 classes)

Dance Sampler

This class will combine a variety of dance styles to keep you on your toes - literally! Each week, a new style or two will be introduced. You may learn Swing, Latin, Ballroom, Argentine Tango, Brazilian Samba, Nightclub style, Lindy Hop and more!

Instructor: Wendy Nielsen

Location: Senior & Disabled Center Ceramics Room

Fee: \$58 for residents / \$72 for non-residents



ID:	Time	Dates
8438	6:30 - 7:30 PM	Mondays, July 2 - August 27 (9 classes)

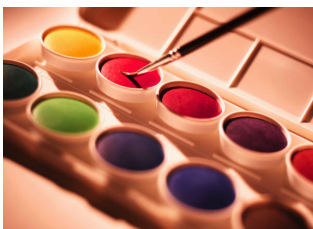
Watercolor Landscapes

This course will focus on basic watercolor techniques - flat and graded washes, compositions, value, light and texture. More advanced participants will be working towards achieving a mood through various techniques, using transparent and opaque pigments, hard and soft edges, shape, impact area and more. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Participants should wear a smock or old clothes.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$70 for residents / \$87 for non-residents



ID:	Time	Dates
8437	6:30 - 8:15 PM	Mondays, July 2 - August 20 (8 classes)

The Art of T'ai Chi

T'ai chi is not only a form of exercise, but a cultural art that leads you on the path to mental, physical and spiritual fitness. This art form is used to promote health and tranquility by releasing the natural energy of the body. T'ai Chi helps maintain good Chi energy with gently fluid movements.

Instructor: Ken Zaborowski

Location: Mortensen Community Center Romano Room

Fee: \$68 for residents / \$85 for non-residents

ID:	Class	Time	Dates
8439	Beginners	5:30 - 6:30 PM	Mondays June 25 - Sept. 10 (11 classes, no class 9/3)
8440	Intermediates	6:30 - 7:30 PM	Mondays June 25 - Sept. 10 (11 classes, no class 9/3)

Kayak Lessons

Ages 13 - adult

This course provides the student with basic information about kayaks, paddling strokes and maneuvers. At the completion of the lesson, students will be able to select a kayak to suit their needs and adjust the boat to fit their body size. Students will also learn water skills such as forward and reverse paddle strokes, turning, bracing and controlling the kayak. Kayaks, personal floatation device and paddles are included. Taught on flatwater in Collinsville, CT.

Location: Collinsville Canoe & Kayak - Collinsville, CT

Fee: \$65 for residents / fee remains the same for non-residents



ID:	Time	Date
8230	10:00 AM- 1:00 PM	Saturday, June 9th
8231	10:00 AM- 1:00 PM	Saturday, July 28th

Reasons to Register Early!

Many classes are very popular and people know that in order to get a spot, they need to register early.

But there are also reasons to register early for classes that don't usually fill up. All of our classes are intended to be self-supporting and we must reach minimum enrollment for a class to run. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered. Very often, people try to register after a program has been cancelled and if they had registered earlier, the program would have run.

All of our programs require a high level of organization, often including facility scheduling, staffing and purchasing of supplies.

So, if there's a program that you or your child are interested in...

Please Register Early!

Power Cardio

Blast into shape with this 60-minute, high-energy Boot Camp style workout that interchanges short bursts of cardio with longer workout periods that combine kickboxing, sports drills and calorie-crunching calisthenics. Not for the faint of heart. Participants should be in good physical condition.

Instructor: Laura Campbell

*Location: Mortensen Community Center
Gymnasium*

Fee: \$55 for residents / \$68 for non-residents



ID:	Time	Dates
8441	6:00-7:00 PM	Tuesdays, July 3 - September 11 (11 classes)

Please Note:

All participants in our adult programs must be at least 16 years of age or older, unless stated otherwise.

Zumba

Love music, love to dance? Need a workout that will keep you from getting bored and falling off the workout wagon? Then Zumba may be for you! Zumba is a Latin-inspired, dance fitness class that incorporates Latin and International music and dance movements. The class format combines fast and slow rhythms that tone and sculpt the body in the aerobic/fitness fashion. It's for all ages, and it's an easy and effective form of exercise. You'll enjoy this class with fun music, body firming routines, and then you'll see why Zumba has become a popular new way to exercise!



Location: All classes at Senior & Disabled Center Auditorium

Instructor: Mondays & Tuesdays: Lydia Borysiuk

Wednesdays: Keiko Broyles

Thursdays: Mary Woods

ID:	Dates	Time	Fee:
8442	Mondays, July 9 - Sept. 17 (10 classes, no class 9/3)	4:45 - 5:30 PM	\$38 for residents \$48 for non-residents
8443	Tuesdays, July 10 - Sept. 18 (11 classes)	5:15 - 6:15 PM	\$55 for residents \$68 for non-residents
8444	Wednesdays, July 11 - Sept. 19 (9 classes, no class 8/1, 8/8)	5:25 - 6:25 PM	\$45 for residents \$56 for non-residents
8445	Thursdays, July 5 - Sept. 20 (12 classes)	5:30 - 6:30 PM	\$60 for residents \$75 for non-residents

Hi/Lo Aerobics

Get moving! This fun aerobics class includes kickboxing, funk and salsa moves that will leave you feeling more energetic and healthy. Challenge yourself while building strength and endurance. Bring a set of hand weights.

Instructor: Laura Campbell

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee
8446	6:30 - 7:30 PM	Mondays, July 2 - Sept. 10 (10 classes, no class 9/3)	\$40 for residents \$50 for non-residents
8447	6:30 - 7:30 PM	Wednesdays, July 11 - Sept. 12 (10 classes)	\$40 for residents \$50 for non-residents

Register for both classes and save \$5!
Residents: \$75 Non-Residents: \$95

Tone Aerobics

A great way to start your morning with this low-impact aerobics class. Emphasis is placed on strengthening and toning muscles while improving cardiovascular fitness. Participants should bring an exercise mat or towel and a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

ID:	Time	Dates	Fee:
8448	9:15 - 10:15 AM	Tuesdays, July 3 - Sept. 18 (11 classes, no class 7/31)	\$44 for residents \$55 for non-residents
8449	9:15 - 10:15 AM	Thursdays, July 5 - Sept. 20 (11 classes, no class 8/2)	\$44 for residents \$55 for non-residents

Register for both classes and save \$5!
Residents: \$83 Non-Residents: \$105

Zumba Toning

Zumba Toning™ – The Latin inspired dance fitness party takes it up an extra notch. If you love Zumba, then you'll absolutely love Zumba Toning! Body-sculpting techniques and specific Zumba moves are blended into one calorie-burning, strength-training class. Burn more calories than in a regular Zumba session! Participants should bring your own 1 pound weights or weighted, maraca-like Zumba Toning Sticks to enhance rhythm and build strength.

Location: Senior & Disabled Center Auditorium

Instructor: Lydia Borysiuk

ID:	Dates	Time	Fee
8450	Mondays, July 9 - Sept. 17 (10 classes, no class 9/3)	5:30 - 6:15 PM	\$38 for residents \$48 for non-residents

Mat Pilates

Pilates is an exercise option for everyone designed to develop a strong core while maintaining loose, limber limbs. The exercises provide variations to meet the needs of different body types. The exercises strengthen the body while keeping joints mobile and flexible. You'll feel your muscles working and probably break a sweat. Please bring a yoga mat and water to every class.

BEGINNERS: Focus on the basic principles of Pilates to start strengthening core muscles (stomach, back and glutes) and improve balance and coordination between the body's limbs.

INTERMEDIATE: Continues to strengthen the core muscles by using more challenging poses that work the core muscles in more challenging positions. This class moves through the exercises at a faster pace.

Instructor: Maggie Downie
Location: Senior & Disabled Center Room A & B
Fee: Residents: \$93 / Non-Residents: \$117

ID:	Class	Time	Dates
Wednesdays - Beginners or Intermediates			
8451	Beginners	5:30-6:30 PM	Wednesdays, July 11 - Sept. 19 (11 classes)
8452	Intermediate	6:30-7:30 PM	

Ball Pilates

This class offers a fun twist to typical Pilates exercises. Using a ball will still strengthen your core muscles (stomach, back and glutes) and it will also enable you to test your balance, increase your range of motion and improve flexibility. The ball can be used at any fitness level and can be incorporated into your daily routine to strengthen and lengthen your muscles even when you're not in class. While the ball is a challenge, exercising on the ball can also be playful, allowing you to feel like a kid again while getting a good workout. Wear comfortable clothes and bring a yoga mat, water and an exercise ball for your height to each class.

MIXED-LEVELS: Everyone is welcome at this class! Options for different ability levels will be provided.

Instructor: Maggie Downie
Location: Senior & Disabled Center Room A & B
Fee: Residents: \$85 / Non-Residents: \$106

ID:	Time	Dates
Mondays - Mixed-Levels		
8453	5:30-6:30 PM	Mondays, July 9 - September 17 (10 classes, no class 9/3)

Pilates Special: Register for any two Pilates classes and save \$10
Residents: \$168! Non-residents: \$213!

Yoga Classes

Discover the many benefits of yoga for yourself: decreased stress, greater flexibility, better concentration and more. Yoga is designed to draw us out of stress and anxiety and into our natural state. Find out what Yoga is all about! Sticky yoga mats are required and yoga blankets are highly recommended.

Location: Mortensen Community Center Romano Room
Instructors: Karen Sevenoff / Cynthia Wolcott



ID:	Class	Time	Dates	Fee:
8454	Mixed Levels Yoga with Karen Sevenoff	5:30 - 6:45 PM	Tuesdays, July 3 - Sept. 18 (12 classes)	\$72 for residents \$90 for non-residents
8455	Beginner Yoga with Cynthia Wolcott	5:45 - 6:55 PM	Thursdays, July 5 - Sept. 20 (11 classes, no class 7/19)	\$66 for residents \$82 for non-residents
8456	Mixed Levels Yoga with Cynthia Wolcott	7:00 - 8:15 PM	Thursdays, July 5 - Sept. 20 (11 classes, no class 7/19)	\$66 for residents \$82 for non-residents

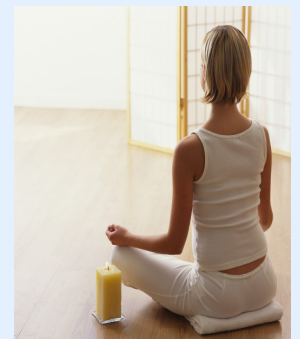
Yoga Class Descriptions

Beginner Yoga

This class is tailored to the needs of the beginning yoga student. A significant amount of time will be spent teaching various pranayama (breathing techniques) and asana (postures), building from the foundation up. Non-beginners who are comfortable with a slower pace are also welcome!

Mixed Levels Yoga

This class is the right place for those wanting to explore the edges of their yoga practice a bit deeper. Though not suitable for absolute beginners, it might be the place for you if you have some familiarity with yoga postures and want to move up a level. Modifications will be shown for various levels of practitioners from advanced beginners through intermediate.



Fun-n-Fitness

An invigorating class that gets you off to the right foot. Improve stamina, strength, muscle tone and cardiovascular fitness. Bring a set of hand weights.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center Auditorium

Fee: \$39 for residents / \$50 for non-residents

ID:	Time	Dates
8457	10:20 - 11:20 AM	Tuesdays, July 3 - Sept. 18 (11 classes, no class 7/31)
8458	10:20 - 11:20 AM	Thursdays, July 5 - Sept. 20 (11 classes, no class 8/2)

Register for both classes: Residents: \$73! Non-residents: \$95!

Fitness Clinics for Older Adults

Learn how to utilize the fitness equipment and safety procedures in the Fitness Center located within the Senior & Disabled Center. This class is required in order to use the Fitness Room. Must present a doctor's note when registering and be a Newington Senior & Disabled Center member.

Instructor: Sandy Rovelli

Location: Senior & Disabled Center

Fee: \$15 for residents / \$18 for non-residents

ID:	Time	Dates
8173	11:30 - 1:30 PM	Tuesday, June 12
8459	11:30 - 1:30 PM	Tuesday, July 10
8460	11:30 - 1:30 PM	Tuesday, August 14
8461	11:30 - 1:30 PM	Tuesday, September 11

Yoga for Older Adults

This is a gentle yoga class concentrating on the basics of awareness, alignment, breathing, balance, flexibility, strengthening and stretching. A few minutes at the beginning and end of each class will be devoted to meditation. Each participant should bring a sticky mat or towel to lie on and be aware that the postures are done barefooted. This is a great class for all levels.

Instructor: Linda Leslie

Location: Senior & Disabled Center Rooms A & B

Fee: \$26 per session for residents

\$32 per session for non-residents

ID:	Time	Dates
8462	11:15 AM - 12:15 PM	Mondays, July 2 - 30 (5 classes)
8463	11:15 AM - 12:15 PM	Mondays, Aug. 13 - Sept. 17 (5 classes, no class 9/3)

Oil Painting

This course teaches the traditional, timeless concepts of representational painting. New students will learn the fundamentals of composition, value, light, color and texture. Returning students will continue to improve upon these fundamental concepts and learn more advanced skills such as edges, creating mood and more. All subject matter will be considered. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.



Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

Fee: \$88 for residents

\$110 for non-residents

ID:	Time	Dates
8464	9:15 - 11:45 AM	Tuesdays, July 17 - Sept. 18 (10 classes)

Oil Painting Mini Session

A shortened version of our regular oil painting course (above), aimed at improving the returning student's skills and knowledge and introducing the new student to the basic ingredients of painting. Students are instructed individually. Traditional concepts of painting will be applied to still-life, floral, landscape, seascape and wildlife. Please call the Parks & Recreation Department at 860-665-8666 for a supply list prior to the first class. Wearing a smock or old clothes is suggested.

Instructor: Fran Judycki

Location: Senior & Disabled Center Arts & Crafts Room

ID:	Time	Dates	Fee
8465	9:15 - 11:45 AM	Tuesdays, June 19 - July 10 (4 classes)	\$35 for residents \$44 for non-residents

T'ai Chi for Older Adults

T'ai Chi is one of the most effective exercise systems for mental and physical well-being. Emphasis is on breathing and the use of fluid, graceful and gentle movements. T'ai Chi releases tension, deepens relaxation, improves balance, increases bone density and develops muscle tone. It's gentleness is especially suitable for the elderly and people rehabilitating from illness or accident.



Instructor: Ken Zaborowski

Location: Senior & Disabled Center Auditorium

Fee: \$50 for residents / \$62 for non-residents

Instructor: Ken Zaborowski

ID:	Class	Time	Dates
8466	BEGINNER	9:00 - 9:45 AM	Mondays, June 25 - Sept. 10 (no class 9/3)
8467	INTERMEDIATE	10:00 - 10:45 AM	(11 classes)

Want to learn more about what T'ai Chi is?
Check out Ken's website: www.white-lotus.com

Parks & Recreation Registration Info

OUR POLICY IS: "No News is Good News."

When registering by mail or fax, you will **NOT** be contacted unless a class is filled or there is a change. Please include a daytime phone number.

Convenient Ways To Register...

Fax-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information. If you choose to register via fax, PLEASE call to confirm that your fax came through.

Fax to (860) 665-8739.

Mail-in: Complete and sign the registration form. Include VISA, MasterCard or Discover credit card information or make checks payable to "Newington Parks & Recreation." **Mail to: Newington Parks & Recreation, 131 Cedar Street, Newington, CT 06111.**

Walk-in: Register in our office, which is located in the Mortensen Community Center at Town Hall, 131 Cedar Street, Newington, CT 06111.

Walk-in office hours are:

Monday – Friday, 8:30 AM – 4:30 PM.

***Drop slot may be available after hours.**

IMPORTANT INFORMATION

- A minimum of \$10 is required for all credit card transactions.
- If you are registering a **child under the age of 6** and they have not participated in our programs in the past, please include a copy of the child's birth certificate with the registration form. This is a one-time request.
- If the participant has any **medical concerns (allergies, asthma, etc.)** that we should be aware of, please list it on the registration form.
- If the participant has any **special needs** that we should be aware of, please complete and submit a special needs form to our office.
- Programs may be cancelled due to inclement weather. If the weather is inclement, please call our **Program Hotline: 860-665-8686** (after 4:30 PM) for the latest information.

Reasons to Register Early

Many classes are very popular, and our participants know that in order to get a spot, they need to register early. But there are also reasons to register early for classes that don't usually fill up. There is a point (usually about one week before a program starts) that a program must be cancelled if there aren't enough people registered.

So, if you know you want to take a program...
PLEASE REGISTER EARLY!

POLICIES & PROCEDURES

Registration is taken on a **FIRST COME - FIRST SERVED** basis. Residents may register for programs beginning Friday, May 4th, 2012. All registration forms received prior to the registration start date will be processed randomly at the end of the first day of registration. The Parks & Recreation Department will try to accommodate all registrants, but some programs fill to capacity. Please specify an alternate choice on your registration form should the original class you choose be filled. The Parks & Recreation Department reserves the right to **cancel programs because of insufficient registrations** or causes beyond its control.

Non-Residents

Non-residents are eligible to register for programs if there are openings beginning Friday, May 18th, 2012. Non-residents pay an additional fee for most programs and should call for program availability prior to registering. Some programs (including swim lessons, pool passes, playgrounds/camps and others) are not available for non-residents.

Waiting List

If your desired class is filled, you will be notified and placed on a waiting list. We will make every effort to accommodate those on the waiting list by adding classes if possible.

Americans with Disabilities Act

The Newington Parks and Recreation Dept. does not discriminate on the basis of race, color, national origin, gender, religion, age, or disability in provision of programs and services. Individuals with disabilities are encouraged to register.

The Newington Parks and Recreation Dept. is complying with the Americans with Disabilities Act (ADA), Public Law 101336. The law addresses issues of accessibility of facilities & programs. Provisions of reasonable program modifications will be made on a case-by-case basis to allow people with disabilities to participate in and benefit from programs. Documentation of disability is required when requesting reasonable modifications.

Refunds

Newington Parks and Recreation does not issue refunds once you have registered for a program, unless there is an injury or illness which prohibits active participation in the program and is documented by a physician. No refunds will be issued without a completed Refund Request Form accompanied by a doctor's note. Contact our office for a Refund Request Form. If a refund is granted, the amount will be prorated to reflect the number of classes remaining from the date the refund request form was submitted. A \$5.00 processing fee will also be deducted from any refund issued.

Contact Us:

Phone:

Voice: 860-665-8666
Fax: 860-665-8739
Hotline: 860-665-8686

At the Office:

Monday - Friday
8:30 a.m. - 4:30 p.m.
131 Cedar Street
Newington Town Hall
Mortensen Community Center

On the Web:

www.NewingtonCT.gov/parksandrec

